

## CLAIMS

1. Use of lactoferrin in the manufacture of a nutritional composition for use in a method of improving nutrient utilisation by a mammal in need thereof, wherein the 5 method comprises orally administering the lactoferrin containing composition in an amount effective to reduce the residence time of nutrients in the stomach of the mammal, said composition exhibiting a weight ratio of lactoferrin to  $\beta$ -lactoglobulin that exceeds 1 to 15.
- 10 2. Use according to claim 1, wherein the method comprises administering a nutritional composition containing at least 0.2 wt.%, preferably at least 0.4 wt.% lactoferrin.
- 15 3. Use according to claim 1, wherein the method comprises administering a nutritional composition containing at least 0.05 wt.% lactoferrin and 0-0.15 wt.% glycomacropeptide.
- 20 4. Use according to any one of the preceding claims, wherein the method comprises administering lactoferrin in a dosage of at least 0.1 g, preferably of at least 0.2 g.
- 25 5. Use according to claim 1 or 2, wherein the method comprises administering a pourable nutritional composition having a caloric content of at least 1 kcal/ml and a viscosity of 100 mPa.s or less at 21 °C.
- 30 6. Use according to any one of the preceding claims, wherein the method comprises co-administering a carnitine source in an amount equivalent to at least 10 mg L-carnitine, preferably in an amount equivalent to between 10 mg and 75 mg L-carnitine.
7. Use according to any one of the preceding claims, wherein the nutritional composition is administered in an amount of 20-400 ml, preferably of 100-250 ml

8. Use according to any one of the preceding claims, wherein the mammal is a hospitalised patient or wherein the mammal suffers from impaired gastric motility.

9. Use according to any one of the preceding claims, wherein the mammal is a patient undergoing chemotherapy.

10. Use according to any one of the preceding claims, wherein the nutritional composition is consumed within 1 hour prior to or during physical exercise.

10 11. A pourable artificial nutritional composition that has a caloric content of at least 1.0 kcal/ml, a viscosity of 100 mPa.s or less at 21 °C and that comprises:

a 50-79.6 wt.% water;

b at least 0.4 wt.%, preferably 0.6-5 wt.% lactoferrin

c 1-30 wt.%, preferably 1-20 wt.%, more preferably 7-12 wt.% proteinaceous matter other than lactoferrin;

d 0.1-20 wt.%, preferably 3-10 wt.% lipids;

e 10-30 wt.%, preferably 10-20 wt.% carbohydrates;

wherein the combination of these components constitutes at least 80 wt.% of the composition and the proteinaceous matter, lipids and/or carbohydrates together

20 constitute at least 20 wt.% of the composition.

12. Nutritional composition according to claim 11, wherein the weight ratio of lactoferrin to  $\beta$ -lactoglobulin exceeds 1 to 15.

25 13. Nutritional composition according to claim 11 or 12, wherein not more than 10 wt.% of the proteinaceous matter is hydrolysed protein.

14. Nutritional composition according to any one of claims 11-13, wherein the lipids and the carbohydrates together constitute at least 13 wt.%, preferably at least 18 wt.%, most preferably 22 wt.% of the composition.

15. Nutritional composition according to any one of claims 11-14, wherein the nutritional composition contains at least 5 wt.%, preferably 10-50 wt.%  $\omega$ -3-fatty acids (including  $\omega$ -3-fatty acid residues) by weight of the total amount of lipids.

16. Nutritional composition according to any one of claims 11-15, wherein the nutritional composition contains  $\omega$ -3-fatty acid residues and  $\omega$ -6-fatty acid residues in a weight ratio between 6:1 and 1:3.

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17. Nutritional composition according to any one of claims 11-16, wherein the nutritional composition contains at least 5 wt.%, preferably 10-90 wt.% C<sub>8</sub>-C<sub>14</sub> fatty acids (including C<sub>8</sub>-C<sub>14</sub> fatty acid residues) by weight of the total amount of fatty acids.

10 18. Nutritional composition according to any one of claims 11-17, wherein the nutritional composition contains at least 10 wt.% of carbohydrates with a glycemic index of less than 80.

15 19. Nutritional composition according to any one of claims 11-18, wherein the nutritional composition contains at least 0.015 wt.%, preferably between 0.02 and 0.045 wt.% carnitine.

20. Packaged artificial nutritional product comprising 20-400 ml, preferably of 100-250 ml of a nutritional composition according to any one of claims 11-19.

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